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Canberrans have the highest sports participation rate in Australia

Canberrans had the highest sports participation rate in Australia, according to new analysis of recently released data by the Australian Bureau of Statistics.

Eight out of ten Canberrans (80%), aged 15 and over, participated at least once in sports and physical recreation activities during 2005-06. The national participation rate was 66%.

Walking was the most popular activity, undertaken by one-third (36%) of Canberrans during 2005-06. Aerobics & fitness was the next most popular activity (18%), followed by cycling (12%).

Other key findings:

- Couple only households had the highest participation rate in the ACT (85%), followed by multiple family households with no dependent children (81%). Nationally, the highest participation rates were in group households (75%) and couple families with dependent children (70%).
- ACT residents born in English-speaking countries other than Australia had a higher participation rate (90%) than those born in Australia (82%) or other countries (66%).
- The main motivators for ACT residents participating in sport and physical recreation activities were 'health and fitness' (60% of respondents), 'enjoyment' (20%) and 'well-being' (8%).
- The most common reasons provided for not exercising or exercising infrequently were 'insufficient time due to work and study' (24%), 'lack of interest' (23%) and 'age' (12%).
- In the ACT and nationally males and females were equally as likely to participate in sport and physical recreation.

Further information is in *ACT Stats, April 2007* (cat. no. 1344.8.55.001).

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